

JUNIOR SQUAD TIMETABLE

	AM	PM
Monday		6:30 - 8:00pm
Tuesday		6:30 - 8:00pm
Wednesday		5:00 - 6:30pm
Thursday		6:30 - 8:00pm
Friday		5:00 - 6:30pm
Saturday	7:00 - 8:30am	

DEVELOPMENT SQUAD TIMETABLE

AM

PM

Monday

5:00 - 7:00am

Tuesday

5:00 - 6:30pm

Wednesday

5:00 - 7:00am

6:30 - 8:00pm

Thursday

5:00 - 7:00am

Friday

5:00 - 7:00am

Saturday

5:00 - 7:00am

PERFORMANCE SQUAD TIMETABLE

	AM	PM
Monday	5:00 - 7:30am	5:00 - 7:00pm
Tuesday	5:00 - 7:30am	
Wednesday	5:00 - 7:30am	
Thursday	5:00 - 7:30am	5:00 - 7:00pm
Friday	5:00 - 7:30am	
Saturday	5:00 - 7:30am	